

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

November 2014

Pumpkin Pancakes Quick Turkey Enchiladas Hot Turkey Sandwiches Fall Fruit Salad Bread Pudding

Pumpkin Pancakes

- 1 egg
- ½ cup canned pumpkin
- 1¾ cup fat-free skim or 1% milk
- 2 tablespoons vegetable oil
- 2 cups flour (or 1 cup whole wheat flour and 1 cup white flour)
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 teaspoon pumpkin pie spice (or ½ teaspoon cinnamon, ½ teaspoon dry ginger and a pinch of cloves or nutmeg)
- 1 teaspoon salt



1. Combine egg, pumpkin, milk and oil in a large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to the egg mixture. Stir gently.
3. Lightly coat a griddle or skillet with cooking spray and heat on medium heat.
4. Using a ¼-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then cook until golden brown.
5. Top with applesauce, fresh fruit or yogurt.

Recipe Source: Oregon State University Extension Service, www.foodhero.org

Nutrition Note: This recipe makes 8 servings. Each serving has 180 calories, 5 grams of fat, 6 grams of protein, 30 grams of carbohydrates and 480 milligrams sodium.



Kid-friendly Veggies and Fruits

Put Kids In Charge: Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into fun shapes or designs.

Quick Turkey Enchiladas

- 1½ cups chopped cooked turkey or chicken
- ½ cup shredded reduced-fat cheddar cheese
- ¼ cup fat-free sour cream
- ½ cup picante sauce or salsa
- 6 whole-wheat tortillas, warmed

1. Preheat oven to 325 degrees.
2. In a bowl, mix all ingredients (except tortillas) together and divide evenly among tortillas.
3. Carefully roll up each tortilla and place in a baking dish seam side down.
4. Sprinkle top of tortillas with additional cheese and picante sauce, if desired.
5. Cover with foil and bake for 15-20 minutes.

Recipe Source: Kansas State University Cooperative Extension Service

Nutrition Note: This recipe makes 6 servings. Each serving has 220 calories, 6 grams of fat, 17 grams of protein, 25 grams of carbohydrates and 610 milligrams of sodium.

Breastfeeding:

Why breastfeed?

"I chose to breastfeed because my mother did, and she told me it is one of the healthiest choices I can make for my children."

~ Jessica, WIC Breastfeeding Mom from Turtle Mountain WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Hot Turkey Sandwiches

- 1 cup chopped cooked turkey or chicken
- 1 cup diced celery
- ½ cup shredded reduced-fat cheddar cheese
- 1 teaspoon minced onion
- ¼ teaspoon black pepper (optional)
- ¼ cup low-fat mayonnaise
- 6 whole-wheat thin buns, tortillas or hamburger buns



1. Preheat oven to 350 degrees.
2. In a bowl, mix all ingredients (except buns) together and divide evenly among buns.
3. Place on a cookie sheet and bake for 15-20 minutes.

Recipe Source: Kansas State University Cooperative Extension Service

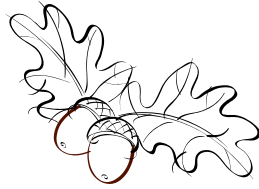
Nutrition Note: This recipe makes 6 servings. Each serving has 200 calories, 7 grams of fat, 13 grams of protein, 24 grams of carbohydrates and 410 milligrams of sodium.

Fall Fruit Salad

- 1 can (20 ounces) chunk pineapple canned in juice
- 1 can (11 ounces) mandarin oranges canned in juice
- 2 large bananas (sliced ¼ inch thick)
- 2 apples (sliced thinly)
- 1 cup grapes

Dressing

- ½ cup white sugar
- 2 tablespoons cornstarch
- ⅓ cup orange juice
- 1 tablespoon lemon juice



1. Drain the pineapple and save the liquid.
2. Drain the mandarin oranges, but do not save the liquid.
3. Combine all fruit in a large bowl. Set aside.
4. In a saucepan, combine sugar and cornstarch.
5. Stir the orange juice, lemon juice and pineapple juice into the sugar mixture.
6. Stir and cook on a medium high heat until thickened.
7. Remove from heat and pour over fruit. Can be served warm or cold.

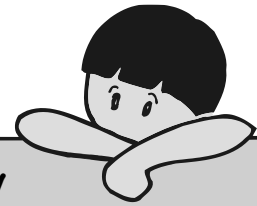
Note: Instead of making the dressing, mix together ½ box instant vanilla pudding and ⅓ cup orange juice in a small bowl. Pour over fruit.

Nutrition Note: This recipe makes 12 servings. Each serving has 130 calories, 0 grams of fat, 1 gram of protein, 33 grams of carbohydrates and 0 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV



Take turns naming a different type of transportation and then pretend to move that way, such as a train, bike or car.

Source: Head Start Body Start

Bread Pudding

- 1½ cups (about 2 slices) whole-wheat bread (cut into 1-inch pieces)
- ⅓ cup raisins
- 1 egg
- 2 tablespoons white sugar
- ¾ teaspoon ground cinnamon
- ¼ teaspoon vanilla
- 1¼ cups fat-free skim or 1% milk

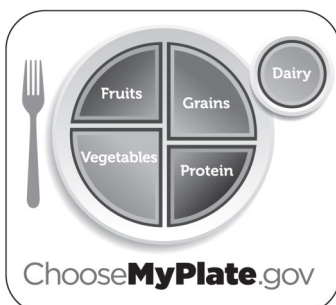
1. Preheat oven to 325 degrees.
2. Mix bread and raisins in a 1-quart casserole pan and set aside.
3. Beat egg slightly in a separate bowl; add sugar, cinnamon and vanilla.
4. Heat milk (but not to boil) and stir slowly into the egg mixture. Pour over the bread.
5. Bake for about 40 minutes. Serve warm or cold.

Recipe Source: NDSU Extension Service, Expanded Food and Nutrition Education Program

Nutrition Note: This recipe makes 4 servings. Each serving has 150 calories, 2 grams of fat, 6 grams of protein, 27 grams of carbohydrates and 115 milligrams of sodium.



GROWING HAPPY FAMILIES



Make Healthier Holiday Choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.